

## FAF Group Exercise Instructor



FAF Group Exercise Instructor programme is based on international CYQ Group Exercise to Music- training programme.

The programme is suitable for everyone who wishes to work as a Group Fitness Instructor in the field of exercise and fitness. In addition, the participants will achieve an internationally acknowledged certificate that will qualify for European Register of Exercise Professional – membership and will open better occupational opportunities abroad.

### Description

The aim of the programme is to provide the candidates with the relevant tools for instructing a group fitness class in different environments. The training will provide an all-round knowledge on instructing an aerobic workout, muscular fitness or stretching classes in diverse environments and circumstances. The focus is above all on practicing different teaching methods (linear, add-on, reverse pyramiding, layering). During the training we aim to support each candidate's strengths and encourage him/her to make use of them in a teaching situation. Our professional trainers will guarantee the high quality of the content and the training itself. After having finished the training the candidates will receive a highly appreciated and internationally approved license. FAF Group Exercise Instructor- training is based on internationally acclaimed CYQ Level 2 Certificate in Fitness Instructing (Group Exercise to Music) programme.

### Form and content of the training

The length of the training is 110 hours, of which 50 are basic modules and 60 will concentrate on exercise to music. There will be 12 days of face to face learning. The evaluation of the training consists of theory assessment, writing of the required reports and a practical assessment. When all the parts of the evaluation have been passed successfully the candidate will receive both FAF Group Fitness Instructor license and internationally acclaimed CYQ 2 Certificate in Fitness Instructing (Group Exercise to Music) – license. After having finished the course the successful candidates can apply for a level 2 REPS membership and they will be granted 20 REPS approved Continuous Professional Development (CPD) points. The successful candidates will have sufficient knowledge and skills to apply for a place in FAF Advanced Exercise Instructor (CYQ Advanced Exercise to Music Instructor) – programme to continue their professional development.

### Modules:

- Anatomy and physiology for exercise (Level 2)
- Health, safety and welfare in a fitness environment
- Principles of exercise, fitness and health
- Know how to support clients who take part in exercise and physical activity
- Planning group exercise to music sessions
- Instructing group exercise to music